



WIC Informer

Get in Shape After the Holidays, Part II: Sticking With It

Have fun - do something you find enjoyable and that fits your fitness level.

Find a friend - the buddy system keeps you motivated.

Write it down - use your calendar or planner to plan exercise then log what you did.

Make it important - your health is a priority so keep to your exercise routine rather than trying to add it on at the last minute.

Reward yourself - When you've met your weekly or monthly goals, reward yourself with some new nail polish, lipstick, or bubble bath.

Nutrition tips during exercise:

Drink plenty of water - sports drinks are not necessary unless your workout is intense and lasts more than 90 minutes.

Supplements - are also not necessary in most situations, so eat balanced meals, and don't skip meals or snacks.

April 7 - Kids Care Day Car Seat Check Up @ Dennis Dillon in Mountain Home.

May 12 - Children's Safety Fair @ the Idaho Fair Grounds This event will include a Car Seat Safety Checkup.

Please check our Website for future events.

WIC is an equal opportunity program. If you feel you have been discriminated against because of race, color, national origin, age, sex or handicap, write immediately to the Secretary of Agriculture, Washington, D.C. 20250

Marijuana Use During Pregnancy

Pregnant women should not expose themselves and their babies to marijuana smoke. Although marijuana use is difficult to study because many users also smoke cigarettes or use other drugs, many things are known about its effects.

Marijuana smoke is similar to tobacco smoke in that many of the same cancer causing agents are found in both. Typically marijuana smokers do not smoke as much as tobacco smokers, but marijuana is usually not filtered and users tend to hold the smoke in their lungs for longer periods of time. Up to four times as much tar can be found in the lungs per ounce of marijuana smoked over tobacco.

Marijuana smoke and THC cause fast heartbeat and raised blood pressure for some users.

Babies born to marijuana users have a greater chance of weighing less, having smaller heads, or having features that resemble a baby with fetal alcohol syndrome. These children have lower scores on tests that measure language development and reading scores up to the age of five. They have also shown lower scores on tests of planning and anticipating as late as the age of 9-12.

Breastmilk has a more concentrated amount of THC than the blood of the mother who smokes it. Breastfeeding moms should **not** smoke marijuana.

Cravings: Fact or Fiction?

A common myth about nutrition is that your body craves what you need. If that were the case, most women would crave cheeseburgers because the most widespread nutrient problems in women are deficiencies of iron and calcium.

We would all like to think that Mother Nature has arranged for us to desire what is good for us, but research disproves this. Craving chocolate does not signify a deficiency in any nutrient. Craving salt does not mean your sodium is low. These are simply tastes that are pleasurable.

Source: Nutrition News Focus

Family Friendly Websites

www.crayola.com - Free e-mail available from this site.
Yourname@llovetocolor.com.

<http://www.parentsoup.com/> - A site to help with just about any parenting question.

<http://blackdog.net/index.html> - A fun, interactive site for kids.

<http://www.factmonster.com/> - An online dictionary, encyclopedia and homework help site.



TV-Proof Your Home

Below are some ideas to help with "turning the TV off". These are good for both parents and children as our children learn by the example we set.

1) Don't let the TV displace what's important: family conversations, exercise, play, reading, creating, thinking and doing.

2) Move the television set(s) to less prominent locations. TV is far less tempting when it is not accessible.

3) Remove the TV from your child's bedroom. A television in the bedroom can draw children away from family activities and be a distraction from homework, reading, and sleeping.

4) Keep the TV off during dinner. Meals are a great time for family conversation.

5) Place clear time limits on TV viewing. Try to restrict viewing to a half-hour per day. Try designating certain days of the week as "TV free days".

6) Try replacing, "You can't watch TV," with, "Let's turn off the TV so we can..."

7) Avoid using TV as a babysitter. Involve children in household activities.

8) Cancel your cable subscription. Use the monthly savings to buy a game or a book.

9) Don't fret if children claim, "I'm bored!" For children, boredom often leads to creativity.

Log onto www.aacap.org for more info. You can then search the site for children & television watching

CURRENT RESEARCH

Soy Milk

Researchers have found that the amount of calcium absorbed from five brands of soy milk was typically 25% less than the amount absorbed from cow's milk. They believe there may be components in soy that partially block calcium from being absorbed. Soy milk should be fortified with 500 milligrams of calcium per cup.

Environmental Nutrition, July 2000

Calcium in Women

Calcium rich foods improve your bone strength and can help you lose weight. In a recent study, women with the highest intake of calcium from dairy foods lost the most weight and body fat over 2 years, regardless of the amount of exercise. The researchers recommend at least 1000 mg of calcium each day, which is equivalent to 3 cups of milk.

J Am Coll Nutr 2000;19:754-760.

Breastfeeding

Women who breastfeed for at least 2 years cut their risk of developing breast cancer by nearly half compared with women who breastfeed for less than 6 months. Women who breastfed for at least 73 months over the course of their lives had a much lower risk of breast cancer.

Researchers believe that hormones linked to some forms of breast cancer are suppressed during breastfeeding while protective compounds may be released.

Am J Epidemiol 2001;152:1129-1135.

Fish Safety

The FDA advises pregnant women, women who may become pregnant, nursing mothers and young children to not eat shark, swordfish, king mackerel or tilefish. These fish contain high levels of mercury. Locally, fish from Brownlee Reservoir should also be limited. They advise eating a variety of other kinds of fish including shellfish, canned fish, smaller ocean fish or farm-raised fish. The recommended intake is no more than 12 oz per WEEK on the average for this group of people.

Bunny Bread

- 1 large carrot peeled & grated (1 ½ c)
- 2½ c. All-purpose flour
- ½ teaspoon allspice
- ¼ tsp. ground nutmeg
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 c. sugar
- 1 c. low-fat milk
- 2 eggs
- ¼ c. oil
- 1 c. dried cranberries or raisins
- 1½ c. chopped walnuts (optional)

1. Preheat oven to 350°. Generously grease the loaf pans or line the muffin pan with cupcake liners.

2. In a large mixing bowl, let your child combine the flour, cinnamon, allspice, nutmeg, salt, baking soda and baking powder. Using a fork, mix the dry ingredients well.

3. Combine the sugar, milk, eggs, and oil in a separate bowl. Whisk the mixture until it's blended and add it to the dry ingredients. Let your child stir the mixture with a spoon. Gradually add the carrots, cranberries, and walnuts. Stir until the mixture is blended. Pour the batter into the molds and bake muffins for 30 minutes, mini loaves for 40 minutes and large loaves for 1 hour.

4. Remove loaves or muffins from the oven and let them cool for 20 minutes.

Nutritional information per serving: 174 cal, 4 g fat, 2 g sat. fat, 22% cal from fat, 3 g protein, 31 g carbohydrates, 270 mg sodium, 31 mg cholesterol.